LETTERS@METRO.US

JESSICA SIMPSON HAS BABY AT LAST {page 10}

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BOSTON
Wednesday, May 2, 2012

Mystery surrounds Saugus homicides

Two women found murdered on grounds of suburban elementary school ◗ DA says there were 'obvious signs of foul play' ◗ Autopsies scheduled for today {page 02}

NICOLAUS CZARNECKI/METRO

Occupy. May Day

▶ The rain did not deter these protesters from parading around Boston yesterday, but the numbers paled in comparison to protests in other cities.

Occupy Boston had hundreds of supporters a few months ago, but the number of protesters seems to have dwindled at the last few events, including yesterday's May Day marches — a nationwide day of protest that sparked arrests and violence in other parts of the country. {page 04}

News

One-year anniversary of Osama death

◗ Cadet recalls story of celebration at Ground Zero ◗ Candidates campaign on bin Laden's demise {pages 08-09}

Get yourself some 'Thor' abs

Chris Hemsworth's trainer gives us tips for building a superhero bod {page 13}

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In the news

24%

Percent of Boston dogs that are fat, according to a new study done by Banfield Pet Hospital, a veterinary practice. Banfield recently released its "State of Pet Health 2012 Report," showing Hub hounds are chubby and 25 percent of cats in Boston are overweight as well. The hospital gathered medical data from 2 million dogs and nearly 430,000 cats they care for across the country.

Today's local tweet

"What is a more out of touch/poorly run organization: #OccupyBoston or #RedSox? Split decision for me. 99%? 1%? You both are 100% #failures!."

@KNEESNNUMBERS RIPPING ON THE TOP EARNERS AND THE PROTESTERS THAT ARE HERE IN THE HUB.

Ups and downs

Louis C.K.
Newton native and comedian Louis C.K. is now a Webby Award winner and was named the "Person of the Year" yesterday by the International Academy of Digital Arts and Sciences after he released a digital-only comedy special for $5 on his website without restrictions.

Innovation District
Mayor Thomas Menino broke ground on the $5.5 million Boston innovation center on the South Boston waterfront in Fort Point. The center will be a one-story 12,000-square-foot building with meeting and event space and a restaurant and test kitchen, according to Menino's office.

Cambridge assailant
Police are seeking help identifying a man who assaulted another person during a labor dispute at a construction site on Massachusetts Avenue. A superintendent of a business reported that two union members approached him from behind and blew whistles in his ears and a woman jogging by reported being pushed.

Garden swans
The Public Garden swans, known as Romeo and Juliet, will have to wait another day to return to their outdoor home. The swans were scheduled to be released into the lagoon yesterday, however the event was rained out. The mayor's office said the return of the swans would be rescheduled for a later date.

Officials baffled by bodies behind suburban school

NICOLAUS CZARNECKI

▶ Officials said the staff was able to keep the children from seeing the bodies before school was dismissed for the day.

The bodies of two women, believed to be relatives, were found dumped behind a Saugus elementary school as children arrived to begin the school day.

Authorities did not initially know the identity of the women who were found without identification on them. Investigators had to use the women's fingerprints to try to identify them, which they partially did hours after the bodies were found.

Late yesterday afternoon authorities identified one of the women as Donna Breau, 54, of Lynn.

"The other woman, believed to be a close relative, has not been positively identified. The medical examiner will conduct autopsies [today] at which time, it is expected that identification and cause and manner of death will be determined," said a statement from the office of Essex County District Attorney Jonathan Blodgett.

The other woman was described as elderly.

A school worker found the women on the ground behind the Lynnhurst School at about 6:45 a.m.

Lynnhurst School is in a seemingly quiet neighborhood on a street lined with well-kept single-family homes.

The women were found with "obvious signs of foul play," but authorities would not say exactly how the women were killed. The incident was classified as a double homicide.

Authorities would not say if they recovered a weapon at the scene.

MICHAEL NAUGHTON
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School back in session

A woman who answered the phone at the administrative offices of the Saugus Public Schools said the elementary school would be open today.

Classes was called off yesterday after the discovery of the bodies.

The children were kept away from the crime scene, authorities said.

"The staff did a good job preventing the students from seeing the bodies," said Carrie Kimball-Monahan, a spokeswoman for the Essex district attorney's office.

METRO/MN

News in brief

Lynn man gets prison for shaking infant daughter

LYNN. A 29-year-old Lynn man was sentenced yesterday to up to 12 years in prison for shaking his infant daughter.

Jose Aquino shook his 2-month-old so hard in 2009 that she has permanent brain and vision damage, the Essex district attorney's office said. He was charged with assault and battery on a child.

The infant's mother was also charged, but the testimony of a key witness was not allowed and there was insufficient evidence to prove those charges, authorities said.

Aquino was sentenced to between nine and 12 years in prison.

Authorities said the infant will never fully recover from her injuries. METRO

Murder victim is identified

A man who was fatally shot Friday in Jamaica Plain was identified by police yesterday.

Mariano Malave, 25, of Boston, was found shot inside the home at 132 Hyde Park Ave., police said.

Officers responded to the house just after 6:30 p.m. and found Malave fatally shot.

No arrests have been made.

Anyone with information can call 617-343-4470. METRO

Harvard instructor caught with pot in panties

BERMUDA. A Harvard instructor pleaded guilty Monday after being found with marijuana in her underwear during a trip to Bermuda.

Mey Akashah, 36, of Boston, pleaded guilty and was released without a fine on a conditional discharge, according to The Royal Gazette in Bermuda.

Akashah was on a trip with her husband and was discovered with the drug by a police dog as the couple went through customs.

According to a Harvard faculty directory, Akashah is an instructor of environmental health at the Harvard School of Public Health.

A Harvard spokeswoman said Akashah is working as an instructor on a temporary appointment. The school would not comment on disciplinary action.

Akashah told police she was prescribed the drug by a doctor in California after having surgery.

She said her doctor could provide a note. METRO

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Something in the air, but not toxic

- MBTA and DHS to test biological sensors underground
- 'Food-safe test bacterium' is not harmful to riders

The Department of Homeland Security will be pumping an innocuous bacterium into parts of the MBTA to test a system of biological detection sensors at certain stations.

According to MBTA officials, the partnership with the DHS Science and Technology Directorate, the first of its kind in the country, will evaluate the ability of new sensors to detect hazardous biological materials in the subway in the event of a real-life emergency.

Using a "food-safe test bacterium," the faux-scenario will happen in Cambridge and Somerville at night over the summer when no riders are using the transit system, according to T officials.

"We are testing new biological testing systems to help us understand how a biological threat would impact public transit," said MBTA Transit Police Deputy Chief Lewis Best.

According to Best, the testing agent is "commonly used in food supplements, so there is no risk and it does not affect [people's] health. Ultimately, it's about making the system safer and protecting the riding public," he said.

The sensors are designed to enable rapid responses and protective measures within 20 minutes to reduce the impact of a biological terrorist attack, according to the MBTA.

NICOLAUS CZARNECKI/METRO

▶ Tests will occur on the Red Line

Speak up!

Don't like the idea of DHS testing in the trains? Speak up at the public hearing.

When: May 16, 5:30 p.m. to 7:30 p.m.
Where: Cambridge YMCA, Central Square

Twitter callout

Metro asked riders on Twitter what smells they would like added to the T:

- "Lobster-flavored mashed potato scent." **@ClarkleSparkle**
- "The Smell of Trains with No Delays." **@BeantownAds**
- "Cinnabon lol" **@Chrisp2088**
- "bacon!" **@aizhar**
- "what do punctual trains smell like?" **@HotDogDynamite**

STEVE ANNEAR
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NICOLAUS CZARNECKI/METRO

▶ Yesterday's May Day events had a soggy showing.

Weather keeps some from joining May Day protests

As protesters allegedly attacked photojournalists in New York City and activists in California and Seattle smashed storefront windows during nationwide May Day marches, things in the Hub were much more docile.

Numbers weren't as strong as they were in other cities for Boston's May Day protests yesterday, but that doesn't mean the Occupy Boston movement has dwindled completely.

One of the group's lead activists believes once the cold weather subsides, there will be a greater presence.

"I think we are transitioning more than anything else. I think its been difficult for people to have lost Dewey Square," said Robin Jacks of the encampment police dismantled in December.

Yesterday, Boston ralliers tried to rope supporters into clogging the roads.

Unions were scheduled to join the protests across the city and surrounding communities like Chelsea and Revere.

May 1 is an international workers' holiday known as May Day,

Occupiers who braved the stormy weather said yesterday that while the physical occupation of Dewey Square might be gone, their message isn't.

METRO/SA

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UK lawmakers: Murdoch unfit to run his company

Rupert Murdoch is not fit to run a major international company, British lawmakers said yesterday, finding him ultimately responsible for the illegal phone hacking that has convulsed his media empire and damaged the political establishment.

Pulling few punches, the lawmakers said the 81-year-old News Corp. chief lacked credibility, his son James appeared incompetent and the company was guilty of "wilful blindness" towards its staff at the News of the World tabloid.

The cross-party parliamentary committee, which approved the report by a majority of six to four, also scolded News Corp.'s British newspaper arm for misleading parliament during its five-year investigation into the hacking of the phones of celebrities, murder victims, politicians and soldiers.

"News International and its parent News Corporation exhibited willful blindness."
CROSS-PARTY REPORT

But it split along party lines, with members from Prime Minister David Cameron's Conservative Party voting against the report, saying they did not agree with its view that the Australian-born Murdoch was not fit to run a major company.

"News International and its parent News Corporation exhibited willful blindness, for which the companies' directors — including Rupert Murdoch and James Murdoch — should ultimately take responsibility," it said. **REUTERS**

▶ Murdoch said the report had made difficult reading. "But we have done the most difficult part, which has been to take a long, hard and honest look at our past mistakes."

GETTY IMAGES

News in brief

Five arrested in plot to blow up US bridge

CLEVELAND. Authorities arrested five self-described anarchists in the Cleveland area for allegedly plotting to blow up a four-lane highway bridge over a national park, but had no ties to foreign terrorism, the Justice Department said yesterday.

The group, ranging in ages from 20 to 37, were arrested overnight by the FBI after planting the explosives on the bridge and they were all charged with conspiracy and attempting to use explosive materials.

The FBI said the five arrested, identified as Douglas Wright, Brandon Baxter, Anthony Hayne, Connor Stevens and Joshua Stafford, were under continuous watch as part of an undercover operation and therefore the public was never in danger. The explosives, supplied by an undercover FBI agent, were inert. **REUTERS**

Dow hits 4-year high as economy fears ease

NEW YORK. The Dow closed at its highest level in more than four years yesterday after U.S. manufacturing expanded at a faster pace than expected in April.

The Dow now sits at levels not seen since December 2007. The gains leave the benchmark S&P 500 within about 16 points of a high reached in May 2008. A convincing break above that level could set the market up for more gains, traders said.

"That's where a lot of traders' eyes are right now — it might be tough to get through there the first time," said Michael James, senior trader at Wedbush Morgan in Los Angeles. **REUTERS**

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MOTHER'S DAY GUIDE

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one year later

In Afghanistan on anniversary of death

GETTY IMAGES

▶ Obama

President Barack Obama arrived in Afghanistan yesterday to conclude an agreement charting future relations with the country, making the unannounced trip in darkness on the first anniversary of the killing of al Qaeda leader Osama bin Laden.

Shortly after he arrived, Obama and Afghan President Hamid Karzai signed the strategic partnership pact, which sets out a future U.S. role in Afghanistan, including aid and advisers, while trying to reassure Afghans that they will not be abandoned when most NATO combat troops leave in 2014.

Obama's plane landed with shades drawn at Bagram Airbase, north of Kabul, where only months ago thousands of Afghans rioted after U.S. troops accidentally burned copies of the Koran, the Muslim holy book.

"The wages of war have been great for both our nations," Obama told Karzai, adding that he looked forward to a future of peace.

REUTERS

'Something I'll never forget'

Bronx college student, 21 years old, recalls Ground Zero on the night bin Laden was killed ◗ He and classmate climbed on a street sign in victory

Drew Gottstein, now a 21-year-old cadet at SUNY Maritime College, was sitting at a bar near the school's Bronx campus when the announcement came on the evening news that Osama bin Laden had been killed. He and a friend watched President Barack Obama's speech, but then returned to campus, since they both had to be up early the next day for school.

But when he got back to his dorm room, Gottstein found he couldn't escape the gravity of what had just happened.

"I was getting ready for bed when I turned on the TV, and Ground Zero and Times Square [were] crazy," he said. "I called another friend and told him to get into uniform, and I'd drive down to Ground Zero so we could be part of and experience history at the same time."

Once the two, clad in their white cadet uniforms, got to Ground Zero, Gottstein recalled a madhouse of people celebrating in the streets and news crews capturing the action.

"The center of the gathering was on the street pole, and we kept being told that we needed to get up there," he said.

Gottstein and his classmate, Peter Poulson, a fellow cadet at SUNY Maritime, climbed to the top of the street pole at Vesey and Church streets and surveyed the surging, cheering mass.

"The scene was unreal, something I'll never forget — the cheers because we were in uniform, the singing of the 'Pledge of Allegiance,'" he said. "It was amazing."

Some in the international community criticized Obama's decision to kill bin Laden, and said the terrorist mastermind should instead have been captured and brought to trial.

"It was quite clearly a violation of international law," former West German Chancellor

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▶ Drew Gottstein, in uniform at left, celebrates at Ground Zero last year as classmate Peter Poulson waves an American flag.

Helmut Schmidt said at the time. "The operation could also have incalculable consequences in the Arab world."

But Gottstein defended the U.S. military's decision, and his own personal decision to celebrate that night one year ago.

"It wasn't a celebration of death, but a celebration of justice and how justice was finally served to the evil man responsible for the murder of countless civilians," he said. "It sent a message to the world that if you plan and execute a terrorist attack, we will find you. You will be brought to justice and you will not get away with it."

When he graduates from SUNY Maritime, Gottstein will be an officer in the U.S. Merchant Marine. Next week, he and other cadets will board a training ship for a 90-day term at sea.

Merchant Marine ships often deliver supplies during wartime.

"If a large-scale war broke out and my country needed me, I'd be there, being able to bring supplies to troops overseas," said Gottstein. "I was never more proud to wear a uniform than on that day about a year ago."

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Obama, Osama, Romney: What if?

Metropolitik

BRAYDEN SIMMS

POLITICAL WORLDLINESS FOR AN IMPOLITE WORLD

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On the eve of the one-year anniversary of America's successful assassination of terrorist leader Osama bin Laden, President Barack Obama, under whose stewardship the risky attack was perpetrated, released a campaign ad boasting of this achievement and questioning whether his rival for the presidency Mitt Romney would have made the same call.

Republicans, naturally, vehemently opposed this tactic. But then, exactly what has President Obama done that the GOP has not decried in the strongest of terms? Health care reform? "Death panels." Tackling economic inequality? "Class warfare." Touting the targeted killing of America's most notorious international enemy? "Silly" and "politically divisive." (That's from Romney.) "Unpresidential." (Romney adviser and former Bush ambassador John Bolton.) Not "professional." (Donald Rumsfeld, Bush Sec. of Defense.) "Diminishing." (Sen. John McCain.)

The question of whether Romney would have acted similarly to Obama is frankly unknowable. Sure, Romney made a few statements suggesting he wouldn't have, such as one respecting Pakistan's sovereignty. But most people know better than to hold Romney to his word.

Romney would like to distill this issue to its most basic form: "Of course I would have taken out Osama bin Laden," he said, as if it was a simple matter of pushing a button. But this wasn't just a "go or no" operation: Obama had to decide from a menu of options, all of which carried great risk. "Even Jimmy Carter would have given that order," Romney said on Monday. Actually, Carter did give a similar order — a helicopter rescue operation into Iran that failed, ending in the deaths of eight Americans and ultimately his presidency. Obama acted with this knowledge.

Romney has been campaigning for months on Obama's alleged foreign policy weakness; it hardly seems fair to condemn Obama for fighting back. Moreover, Republicans have never shied from campaigning on the War on Terror, so why should Democrats? Bush was certainly not shy in this area; where was the disgust back then, when Karl Rove was masterminding the notorious "Mission Accomplished" stunt and accusing Democrats of "cutting and running" in Iraq? Busy, we're sure.

Sadly, the faux outrage has become an all-too-familiar refrain from the right, and they'll sing it until they go hoarse. It's our job to tune it out.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Alec Baldwin has a new retirement strategy, Bette Midler is feeling special, Sarah Silverman is feeling the heat and Seth MacFarlane isn't looking for new friends.

@alecbaldwin: If everyone that follows me sent me $20, I would be able to finally have some well-deserved peace and quiet...

@BetteMidler: People, I have just recovered from being a clue in @NYTimes Crossword puzzle yesterday...

@SaraKSilverman: Fun fact: despite all the dirty tweets I send, the one about this march for Women has received the most hate mail

@SethMacFarlane: If you have ever pinned a "Cathy" strip to the wall of your cubicle, I am content for us to remain strangers.

Midler

Jessica Simpson finally had that baby

Although **Jessica Simpson** didn't have the longest pregnancy in the world, it certainly felt like she did. Happily, the eternal wait ended yesterday, with Simpson and fiance **Eric Johnson** announcing the birth of their daughter, **Maxwell Drew Johnson**, on Simpson's website.

The baby was certainly well marinated, weighing in at 9 lbs., 13 oz. But lest Maxwell Drew get all of the attention, let's look at the other famous folks who were able to pop out a baby while we were all fixated on Simpson's ever-expanding waistline.

▶ **Maggie Gyllenhaal** and **Peter Sarsgaard** welcomed daughter **Gloria Ray** on Thursday, April 19 in New York City, her rep confirmed to E! News.

▶ Last week **Katherine Heigl** and husband **Josh Kelley** expanded their family and adopted another daughter, according to People magazine. The baby's name and other details are not available at this time.

▶ It was announced in March that **Charlize Theron** adopted a baby, People magazine reported. "She is the proud mom of a healthy baby boy named **Jackson**," her rep said in a statement.

ALL PHOTOS: GETTY IMAGES

▶ What do you think of the name Maxwell Drew? E-mail dorothy.robinson@metro.us and let us know.

▶ Simpson's ex, Dallas Cowboys quarterback **Tony Romo** and his wife **Candice Crawford** welcomed a son on April 9, his NFL teammates announced on Twitter.

▶ The only birth to overshadow Simpson's? **Beyonce** and **Jay-Z,** who welcomed daughter **Blue Ivy Carter** in January. Of course, they are our version of royalty, whereas Jessica Simpson is a reality TV star/shoemaker who hasn't had a hit song in at least a decade.

So why all the attention on her uterus? The world may never know. For now, let's breathe a sigh of relief and enjoy this time of non-Simpson womb-watching. That is, until photos of Maxwell surface in the tabloid who pays Simpson the most, say, next week.

Brown: 'I didn't get high before I met Whitney'

In his first interview since the death of **Whitney Houston**, **Bobby Brown** is looking to make it clear that the late singer's substance abuse problems weren't his fault. "I didn't get high before I met Whitney," Brown tells **Matt Lauer** during a sit-down for the "Today" show. "I smoked weed, I drank the beer, but no, I wasn't the one that got Whitney on drugs at all." Emphasizing that Houston was hooked on drugs "way before" they met, Brown is adamant: "I'm not the reason she's gone."

Talking points

Mayer dishes on Aniston in new song

John Mayer is reportedly using "Shadow Days," a song off his new album, to finally process the end of his relationship with **Jennifer Aniston**, according to Us Weekly. "It really took him a long time to get over her. He really loved her a lot," a source says. "He wrote the song as a farewell letter, knowing [Jen] would hear it. Ultimately, he's done a lot of self-reflection and he realizes they weren't right for each other." In the video for the song, Mayer drives along a lonely desert road, singing, "I finally learned to let it go."

▶ Mayer

Saldana on boob jobs

Zoe Saldana says she isn't against getting breast augmentation surgery as a pick-me-up. As Saldana sees it, if "an old man was having a midlife crisis and can buy a Porsche and date a 17-year-old, I can buy myself a pair and be the sexiest soccer mom you've ever seen," she says in an interview with Amanda de Cadenet. "As long as you're doing it for reasons that are balanced for you, [it's OK]. It's not even about judging what's right or wrong. There's nobody on this earth who can tell you that what you're feeling is wrong. They can tell you it's different to what they're feeling. That said, I'm OK with people trying to do whatever it is they need to do to feel better."

Segel charms Williams' daughter

For **Jason Segel**, part of winning new girlfriend **Michelle Williams**' heart was winning over her 6-year-old daughter, **Matilda**, according to Us Weekly. "I never thought Jason would ever date someone with a kid," a source close to the "How I Met Your Mother" star says. "But he's taking everything in stride. He's ready to be a grown-up." And apparently his charms are working on the young girl. "Jason knows how to entertain children," the source says of the man behind the Muppets revival. "You can't be that obsessed with puppets and not learn a few things."

Segel

Perry's latest real estate transaction

Katy Perry has unloaded the New York City apartment she bought with soon-to-be-ex-husband **Russell Brand**, pulling in nearly all of the unit's $2.75 million asking price, according to the New York Post. Perry bought the two-bedroom duplex in the Tribeca neighborhood just 18 months ago — a month before she and Brand tied the knot.

Camels, snakes and one dictator for your hump day

1: Mariah Carey (and one pair of too-tight pants) performed at the "Top Of The Mountain Concert" at Idalp on Monday in Ischgl, Austria.

2: Jennifer Lopez, bedazzled with a fake snake, and **Enrique Iglesias** posed backstage at a press conference at Boulevard3 on Monday in Hollywood.

3: Jason Statham attended the European premiere of "Safe" at on Monday in London.

4: Sacha Baron Cohen arrived as "The Dictator" at Sydney International Airport yesterday in Sydney, Australia.

5: Elizabeth Hurley and **Sir Elton John** attended the Breast Cancer Foundation's Hot Pink Party at Waldorf Astoria Hotel on Monday in New York City.

1: JAN HETFLEISCH/GETTY IMAGES
2: LESTER COHEN/WIREIMAGES
3: GARETH CATTERMOLE/GETTY IMAGES
4: DON ARNOLD/GETTY IMAGES
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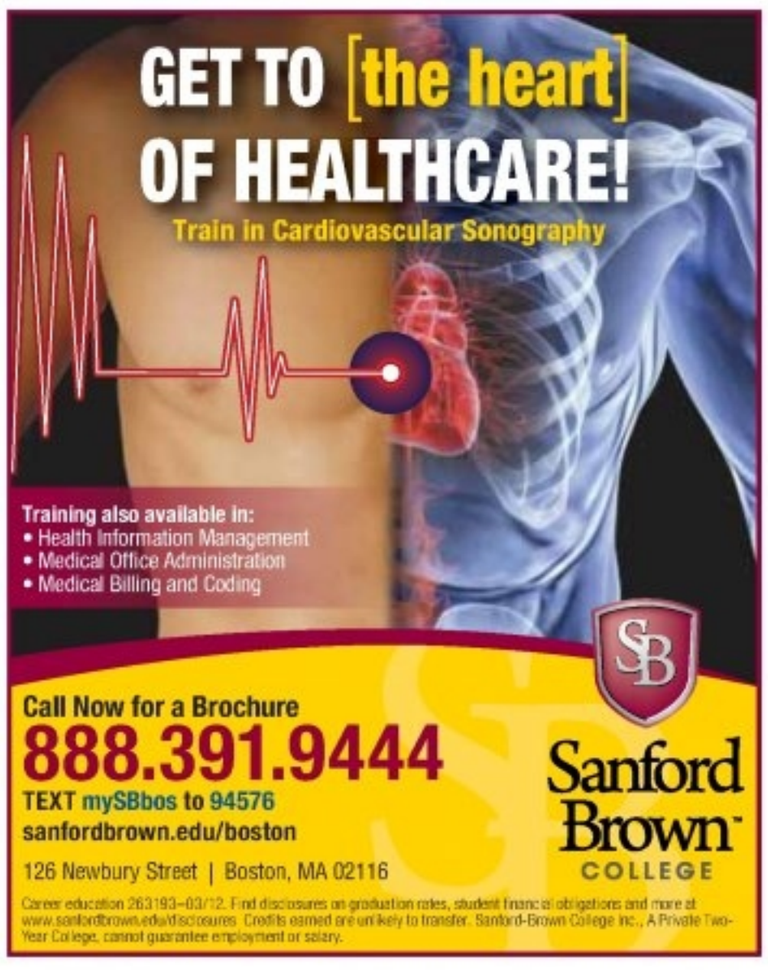
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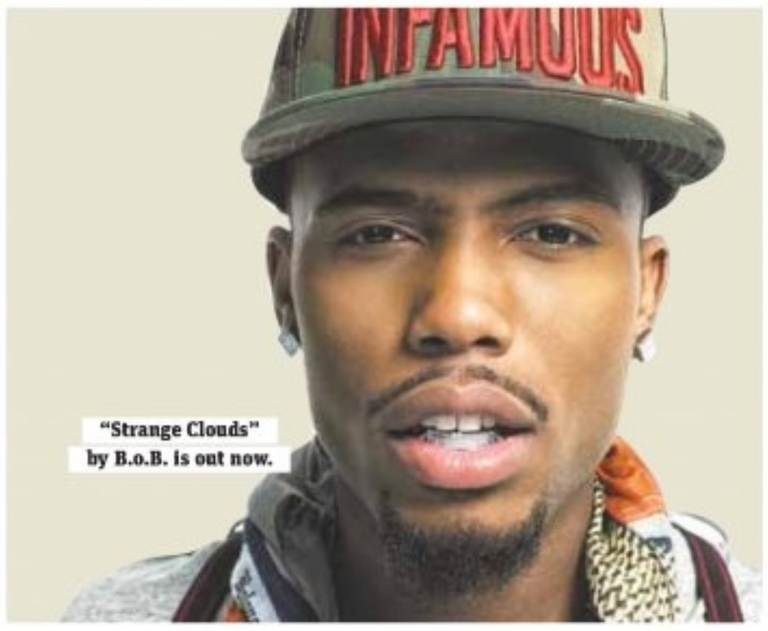

"Strange Clouds" by B.o.B. is out now.

B.o.B. puts his head in 'Strange Clouds'

After the massive hits on his debut, B.o.B. is primed for an easy smash of a follow-up, if he follows the formula. But he probably doesn't need to do that.

The Atlanta-based emcee and multi-instrumentalist gained a worldwide audience with "Nothin' On You," featuring Bruno Mars, and "Airplanes," featuring Eminem and Hayley Williams — but he went the opposite direction with his new album, "Strange Clouds."

The new work features such hit makers as Lil Wayne (on the title track), Chris Brown, Nicki Minaj, T.I., Trey Songz and Roscoe Dash. But the standout guest might just be Taylor Swift (see sidebar).

"I approached this with a blank canvas," says the rapper. "I don't really try to hold onto what was successful about the last album."

Now that the album is in stores, the work doesn't stop for B.o.B. There are plans for an international tour and more music including a collaborative album with T.I., titled "The Man and The Martian."

"It's definitely something," he says. "Right now we are getting both of our solo projects out there. We can't really speak too much about it. We have a few songs recorded for it already though."

G. VALENTINO BALL
letters@metro.us

'You Belong with Me'

B.o.B. explains how Taylor Swift came to collaborate on the song "Both of Us."

"She arranged for me to perform 'Airplanes,' and that's when I played the song for her," he says. "She was instantly on board and we ended up with a masterpiece."

TV watch list

▶ Goldberg guest stars on "The Middle."

ABC/ERIC MCCANDLESS

'The Middle'

COMEDY. Whoopi Goldberg is offering advice to teens everywhere on TV this week — first as an admissions officer on "Glee" yesterday, and now as a guidance counselor with awkward methods of inspiration for Sue. **8 p.m., ABC**

'Suburgatory'

COMEDY. The "Clueless" reunion of Jeremy Sisto and guest star Alicia Silverstone is enough to get most Gen-Xers to tune in to this underrated sitcom. But even if the George/Eden relationship is threatened tonight, some of those viewers are bound to discover that "Suburgatory" isn't such a bad place to visit. **8:30 p.m., ABC**

'American Idol'

REALITY. We're down to the Top 5 contestants, who will take on songs from British artists. Any guesses on how many Adele tunes will make the cut? At least five? **8 p.m., Fox** ● AMBER RAY

TAG theater & arts guide

MUSIC

Celebrity Series of Boston
Jane Monheit
5/4 - Sanders Theatre
An intoxicating jazz singer with a warm and supple voice and perfect pitch, Jane Monheit has the chops to do just about anything she chooses. She sings like she knows what the song is about and has lived its story. Jane Monheit is the real deal.
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Friday, May 11 @ 8PM
Sanders Theatre, Cambridge
MasterworksChorale.org
617-858-6785

THEATER

Actors' Shakespeare Project's Troilus and Cressida
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directed by Tina Packer
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actorsshakespeareproject.org

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The Thor workout

All gods have superhuman qualities. In Thor's case, he's got superior strength and speed — plus biceps. Unfortunately, we mere mortals — including Chris Hemsworth, who stars as the Norse god of thunder in the upcoming "Avengers" film — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy — it requires merging two different body types. However, it's not impossible."

Bodybuilders look good, but their bodies aren't functional for everyday life. And those who are less muscly? Not so impressive. To help you get the best of both worlds, Knight created a system that can make you both lean and muscular.

MARK FELLMAN/MARVEL STUDIOS

▶ "The Avengers," starring Chris Hemsworth as Thor, hits theaters Friday.

How to look like a Norse god

Knight treated Hemsworth like an offseason bodybuilder:

"First, I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

The regime was split into two parts:

- Bodybuilder-type workouts based on high-weight, low-repetition moves designed to get Hemsworth big
- "Infusion" circuits mixing bodybuilding and martial arts to shift the excess fat gained in phase one, while maintaining muscle

ROMINA MCGUINNESS
METRO WORLD NEWS IN LONDON

Phase 1: The building

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish getups, windmills, squats and pull-ups. To add bulk, Knight integrated kettlebell weights.

According to Knight, the heavier a kettlebell, the safer. "Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift."

Food of the gods:

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training he was eating 6,000 calories a day but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes." After he got big, Knight then had to get him back down to 218 pounds.

Phase 2: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on "infusion" training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledge hammers, "ropes gone wild," log presses, Prowler sprints and, once again, kettlebells.

"I had to get Chris moving quickly and constantly," says Knight. "Can't do a push-up? Hold a plank, so long as you keep doing something."

One of Knight's favorite MMA moves was "ropes gone wild": For this move, Hemsworth held a 55-foot rope in each hand, lifting and lowering to create an undulating motion — his heart rate could reach up to 190 beats per minute doing this.

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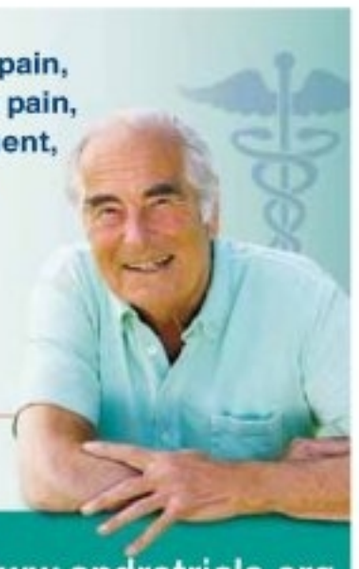

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Letters

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Far-right program must have a glitch

RE: "WAKE UP AND SMELL THE NEW NEW DEAL": Is Frank St. George a real person, or is that just the name of an anti-quated right-wing computer program designed to spew out predetermined, nonsensical responses to any current issue being discussed by actual humans? The bizarre data emanating from this program indicate that some screws might be loose. References to "the 1930s, when the New Deal was in effect" — as if significant portions of the New Deal haven't been in effect this entire time, including government services that Americans rely on daily — appear to emanate from problems in the American history section of the program. Then the program urges another letter writer to "enter the 21st century" directly after complaining about the supposed lies of climate change and the need for sustainability. What 21st century could "he" be speaking of? Surely it is not the one where almost every thinking human knows that these are significant issues for the survival of the planet! The "sarcastic joke" part of the program appears faulty, as well. **ROBERT TROMBETTA, VIA E-MAIL**

Gingrich, Santorum only hurt Romney

Gingrich and Santorum have quit the presidential race! With those two clowns endorsing Mitt Romney for president, it's a fatal kiss of death. Maybe they should help Romney and the Republicans by endorsing President Obama instead. **ALAN JACOBS, VIA E-MAIL**

Occupy: Truly about the 99 percent

RE: "THE LEAST PRODUCTIVE CITIZENS ...": To Joshua Tordoff, who made the comment about least productive citizens on May Day: Either you are a millionaire or just ignorant. I am a very productive citizen who is working harder but getting paid less while paying a greater percent of taxes than a lot of big corporations. If you would pay more attention to what is going on around you, you would realize the average worker is getting paid less while the wealthy minority gets richer. Unless you are a multimillionaire, you should wake up and be in support of the Occupy Wall Streeters. **KEVIN VALENTINE, VIA E-MAIL**

Communism has nothing to do with the Occupy movement; that word is thrown about so often by folks like Joshua Tordoff that it's almost lost its meaning entirely, becoming just another buzzword for senseless fear, much like "socialism" and "Obamacare." The goal of the Occupy movement is to raise awareness of the fact that the rich get away with too many tax benefits and to allow the working class to be able to afford a decent standard of living. Since when is addressing economic injustice laughable? **DARREN AYLAND, VIA E-MAIL**

Tea Party did great job stifling recovery

Four years have passed and the Tea Party have offered no legislation to avert another financial crisis. What they have done is obstruct every piece of legislation Obama's administration brings to the table — good or bad! Their birth is an equal and opposite reaction to Obama's election and everything he represents. **RICH BRITTLE, SOUTH END**

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Keep them as brief as possible, preferably under 100 words.
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Horoscope

♉ Taurus **April 20-May 20.** Something rather exciting could happen if you visit places where you have a chance to make new contacts. Expose yourself to these occurrences, and the universe will do the rest.

♊ Gemini **May 21-June 20.** If you continuously stay positive, an important situation in which you're presently involved will work out to your satisfaction, or perhaps even better than you thought possible.

♋ Cancer **June 21-July 22.** Rather than discussing something important over the telephone or even putting it to paper, you'll be much more effective going over the matter in person, if that's at all possible.

♌ Leo **July 23-Aug. 22.** Financial trends are moving in your favor, so if you have anything important monetarily that needs to be shared with others, do so now.

♍ Virgo **Aug. 23-Sept. 22.** If at all possible, avoid people who always try to tell you what to do and how and when to do it. Your personal freedom and independences will be of utmost importance to you.

♎ Libra **Sept. 23-Oct. 23.** Your day won't count for much if you fail to be compassionate when a situation calls for it. It's not what you do for yourself as much as what you do for others that'll bring the most joy.

♏ Scorpio **Oct. 24-Nov. 22.** Base your social activities around friends with whom you're totally at ease. Pretentious people will put you in a negative mood and make yours and everybody else's day miserable.

♐ Sagittarius **Nov. 23-Dec. 21.** If you have responsibilities dumped on your shoulders that affect others as much as they do you, take them very seriously. Everyone will suffer if you are indifferent or negligent.

♑ Capricorn **Dec. 22-Jan. 19.** Your intuition regarding the outcome of events is likely to be right on the money. If you have to make any projections for the day, refrain from listening to others.

♒ Aquarius **Jan. 20-Feb. 19.** Joint ventures should work out quite satisfactorily, provided nobody tries to rush things beyond their normal pace. Press forward without being pushy.

♓ Pisces **Feb. 20-March 20.** It's best not to make any important decision that affects the entire family without first talking things over with them. Move on only after they've all had their say.

♈ Aries **March 21-April 19.** Don't hesitate to take on something that is a bit beyond what you normally handle. It's a day when things come easier for you, and that includes handling something new.

BERNICE BEDE OSOL

Across
1 List of names
7 Pollution watchdog
10 Dwell on
14 Not ready
15 Coffee dispenser
16 Galba's successor
17 Bellyached
18 Go bad
19 Reasons
20 Buckminster Fuller invention (2 wds.)
23 Crowning points
26 Make ends meet
27 Inched forward
28 Interstate
29 Captain's milieu
30 Pale blond
31 Holidayless mo.
32 Entree choice
33 Droopy-eared hounds
37 Slangy pal
38 Miners dig it
39 Son of Val and Aleta
40 Fireworks noise
41 Blew fiercely
43 Generous __ __ fault
44 EMT's skill
45 Reaction to a mouse
46 Checkers pieces
47 Weather grp.
48 Days-old
51 Road-map org.
52 Posh
53 Works from home
56 McEntire of music
57 Faint
58 Naval rank
62 All-purpose trucks
63 Double helix
64 Give Novocain
65 How do I love __?
66 Roman sun god
67 Bill passer

Down
1 Pirate's swig
2 The Plastic __ Band
3 Hacienda Mrs.
4 Lightly colored
5 Touche provokers
6 Start all over
7 California motto
8 Novel or short story
9 Debate side
10 Elephant seats
11 Aramis' friend
12 Ditty or jingle
13 Sat for a portrait
21 Regarded as
22 Small plane
23 Haik wearers
24 Trial venue
25 Myopic Mr. __
29 Spock's father
30 Baseball's Hank __
32 Shop equivalent (2 wds.)
33 Cajun's boat
34 Orlando attraction
35 Gold-orange gem
36 Nozzle choice
42 Let go
46 Cat or rat
47 Sentra maker
48 Majorette's gait
49 Fangs
50 "The Zoo Story" penner
51 PABA part
52 Ms. Zellweger
54 Track postings
55 Danson and Koppel
59 Ms. Lupino
60 Come down with
61 Windsock dir.

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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

S	I	B	S	■	Y	E	G	G	S	■	C	H	I	T
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■	■	■	T	R	I	■	V	E	G	A	■	■	■	■
B	A	G	H	E	E	R	A	■	■	R	E	A	C	T
O	V	A	■	■	S	E	N	■	■	C	E	D	A	R
D	I	V	E	S	T	S	■	M	A	S	C	A	R	A
E	L	E	N	A	■	■	O	I	L	■	■	I	O	N
S	A	L	A	D	■	■	A	R	T	F	O	R	M	S
■	■	■	■	A	F	A	R	■	■	R	A	Y	■	■
E	X	U	L	T	E	D	■	■	U	N	S	A	F	E
V	E	N	I	■	M	U	F	T	I	■	T	U	L	L
I	N	I	T	■	E	L	I	A	S	■	E	R	A	L
L	A	T	E	■	S	T	R	U	M	■	R	A	K	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Sox raid the farm

With Youkilis still banged up, Sox call up Iglesias Cook to bullpen if he's promoted Sox now with most runs in baseball

The Red Sox held a parade of sorts to commemorate May Day yesterday, with players coming and going from the roster — and at least one more move anticipated before the clock struck midnight.

In the short term, the Red Sox recalled shortstop Jose Iglesias from Triple-A Pawtucket to be available. With Kevin Youkilis missing his third consecutive game because of a problematic back, the Red Sox needed a reinforcement on the left side of the infield, behind shortstop Mike Aviles and third base fill-in Nick Punto.

Iglesias is hitting .200 with a .274 on-base percentage, .212 slugging percentage and one double in 85 at-bats for Pawtucket.

To make room for Iglesias, the Red Sox optioned righthander Junichi Tazawa to Pawtucket. But that move was not quite as simple as it seems. For while the transaction left the Red Sox with just 11 pitchers — and only 10 healthy with news emerging of a blister problem for Clay Buchholz yesterday — it is expected that pitcher Aaron Cook would be called up from Pawtucket.

Cook, who was 3-0 with a 1.89 ERA in five starts for Pawtucket, has an out in his contract with the Red Sox that allows him to seek his release, should he not be promoted. It is expected that the Red Sox will make the move and bring Cook to Boston, but it is unclear what Cook's role will be on the staff. Unless Buchholz's blister issue that was downplayed forces him to the disabled list, Cook is expected to join the bullpen.

The Red Sox will juggle the roster daily, especially with Youkilis' status uncertain.

According to manager Bobby Valentine, Youkilis' back has been an issue at different times since Saturday, during both batting and infield practice. Valentine left the door open for his placement on the DL.

"I can't tell," Valentine said.

But WEEI.com reported yesterday that Will Middlebrooks, who has been crushing Triple-A pitching this season, is dealing with a sore thumb and might not be immediately available. That would allow the Red Sox to DL Youkilis and simply replace him with Cook.

JEFF GOLDBERG
sports@metro.us

Makeup game

The Red Sox will host the Yankees for a day-night doubleheader on July 7 to make up for April 22's rainout.

Game 1 is slated for 12:35 with the nightcap starting at 7:15, as originally scheduled. Tickets for the April 22 contest will be honored to the 12:35 game.

GETTY IMAGES

▶ Clay Buchholz has a blister issue on the middle finger of his throwing hand.

Quoted

"They tell me it's a chronic, it's a little thing, that pops up often when he's throwing well because that curveball I'm sure it comes off the finger so hot."

BOBBY V. ON BUCHHOLZ' BLISTER

3

RB Harris dismissed from BC

Boston College's all-time leading rusher won't finish his career with the Eagles after he was dismissed from the team yesterday.

"Montel Harris has been permanently dismissed from our football team due to a repeated violation of team rules," Eagles head coach Frank Spaziani said. "We are grateful for his contributions the past four seasons and will support him in completing his degree requirements and in his future pursuits."

Reports yesterday had Harris possibly landing at Temple. METRO

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Celts snag Game 2

Down 11 at one point, gritty C's come back, even series ◗ Pierce simply phenomenal in fourth quarter ◗ Hawks' Smith injured late

Three things we saw last night in the 87-80 win in Atlanta :

1 A new beginning
It wasn't as one-sided a first quarter in Game 2 as it was in Game 1. The Celtics — led by Paul Pierce — came out the way they needed to, and played evenly with the Hawks. After 12 minutes, it was 24-24, and it was clear at that point that the C's were going to compete from start to finish. Pierce passed his Game 1 point total in the first quarter alone, scoring the team's first nine points and finishing the quarter with 13.

2 Who stepped up?
Without Ray Allen and Rajon Rondo, players had to elevate their games. It looked like that wasn't going to be the case at first, however. Avery Bradley looked to have some playoff nerves to begin the game, but he shook them off as the game went on and finished with 14 points. Keyon Dooling hit the team's first three-pointer of the series, and Marquis Daniels did some nice things off the bench as well. Mickael Pietrus killed the C's though. He picked up three quick fouls in the first quarter, and was pretty much a nonfactor from that point on.

GETTY IMAGES

▶ Paul Pierce finished with 36 points.

3 Fourth-quarter heroics
It was old reliable for the Celtics — Paul Pierce. The Captain hit countless shots when the Celtics needed it most and finished with 36 points. Kevin Garnett played outstanding defense down the stretch as the Celtics evened the series.

JIMMY TOSCANO
sports@metro.us

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Notices

Public Notices

Mulu Legecha Haile

Was born on 12th September 1953 in Gonder, Ethiopia. In his early years Mr. Haile was a diligent student, and in 1976 he joined the Ethiopian Democratic Union. In 1986, Mulu Haile left with his family to the United States to pursue a better future. Later he became one of the founding members of the Gonder Development & Cooperation Organization (GDCO), a non-profit organization that provides help to the Ethiopian community.
Mulu Haile passed away early morning on Sunday, April 22nd. His legacy as a passionate father, loving husband, and community leader, will be forever remembered.
He is survived by his wife, Tsehay Chufa, and his seven children: Almaz, Goesh, Mekedes, Aregash, Rahel, Elsa, and Adam.

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Creating a home office in tight quarters

Five ways to build a dedicated workspace in a small apartment Now there's no excuse to avoid your work

One of the biggest complaints full-time freelancers make about working at home is feeling like they're never able to "leave" the office, because it's literally in their living room. While urban living often means small quarters, it's really possible to create a separate home office that feels like a dedicated workspace — even if it's just in a tiny studio. We explore how.

Carve out a clear-cut space: Corners generally work best when creating a work nook. Select a corner of your kitchen, living room or studio apartment that gets particularly good light, as in the photo below, and then tape the floor to demarcate exactly how large or small you want your "office" to be. Be strict about containing your office furniture and any other related work stuff to the space you've taped off, so as to have a clear work-only zone in your home. Just be sure to remove the tape once you've finished decorating.

Set a different tone: Does the rest of your home have a maximal look that's densely filled with decorative items from your past 10 years of travel? Then make your workspace clean and minimal. Is your apartment already sparse? Then buy a bold piece of artwork, create a mood board or add a small gallery of images to hang above your desk to define the look of the space, setting it apart from the rest of your home. Bottom line, you want to be able to sit down at your desk and feel like you're in a different zone — a productive one.

CONTRIBUTED

▶ Colors are a mood-booster.

More tips

Pick a few signature colors

This will give your nook its own look and character. Do this through an accent wall, wall decals or decorative accessories. Colors are an age-old mood booster. That means a dedicated palette can help you feel like you're stepping into the office — and most importantly, leaving it behind — at the beginning and end of each day.

Our picks

Ikea Vika work table, $159, www.ikea.com

CB2 file cabinet, $159, www.cb2.com

Here My Dear Head Full of Ideas poster art, $18, www.etsy.com

Keep the furniture lean

A simple tabletop and two legs will do. The bulkier the desk, the smaller it will make the rest of your kitchen, living room or bedroom feel. So keep your desk compact and lean, with no more than two drawers. The downside is that you won't have much storage space for books, files and whatnot. The upside is that it will be a great test in how to stay organized.

KENYA HUNT
METRO WORLD NEWS IN LONDON

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A win-win Innovation

New project adds more residences to the booming waterfront district
'A place to live, work and play'

Late last month, city officials gave developers the green light for the construction of a $63 million residential project on the South Boston waterfront.

The two buildings, located at 411 D St. — across from the Boston Convention and Exhibition Center and in the heart of Boston's Innovation District — is expected to add 197 rental units and 4,400 square feet of retail to the growing Seaport District.

The first building will be six stories and the second will be five stories, according to the Boston Redevelopment Authority, whose board approved construction.

The project has 26 affordable housing units and 26 innovation units, which are compact units for sleeping and have shared space for living and dining. These units were zoned to encourage entrepreneurship and collaboration among residents in the area that has been dubbed the Innovation District.

"The approval of 411 D St. brings close to 200 new units of housing to the Innovation District, including 26 units of innovation housing tailored for the lifestyle of the entrepreneur," says Mayor Thomas Menino. "The district is growing into a neighborhood with more than 1,400 new residences approved for development — and a place to live, work and play."

The project, which will be replacing the former headquarters of Bowne of Boston Inc., a provider of commercial lithographic printing services, also includes 121 enclosed parking spaces and bike storage.

Construction is set to begin this summer.

CHRISTINA WALLACE
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Innovation Units

- The units are for individuals whose income is too high to qualify for affordable housing but are priced out of the housing market.
- Other approved projects with Innovation housing — Pier 4 along Northern Avenue, 63 Melcher St., 381 Congress St., and 411 D St.

ELKUS MANFREDI ARCHITECTS/BOSTON REDEVELOPMENT AUTHORITY

▶ This is a photo rendering of a newly approved residential project in South Boston's Innovation District. The project, spearheaded by Cresset Development and Clarion Partners, will include close to 200 rental units.

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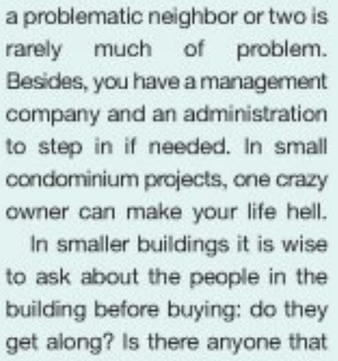

THINGS TO KNOW ABOUT CONDOS

By Attorney George Warshaw

If you are buying a condo there are three things that are commonly overlooked.

First, condominium living is not for everyone. You are living in a building with others, some of whom you may not like, and others who you may adore. You won't know that in advance.

In larger condominium buildings a problematic neighbor or two is rarely much of problem. Besides, you have a management company and an administration to step in if needed. In small condominium projects, one crazy owner can make your life hell.

In smaller buildings it is wise to ask about the people in the building before buying: do they get along? Is there anyone that others complain about?

Second, buyers will carefully inspect the condo before buying, but rarely ask the seller about noise. Has the seller made or received any noise complaints? Are children roller skating on hardwood floors overhead?

Buyers also rarely ask about leaks. Have there been any water leaks into the apartment or from the apartment in the last several years?

Last week I posted the Due Diligence Checklist that I use when checking out a condo. See http://georgeinthemetro.com or email me for the list – and contact me if I can be of help in your purchase! © 2012 George Warshaw.

GWA

George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.

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